

Dental Health

Now Everyone Can Smile

THIRD
Time
Lucky

Recovery from
TRAUMA
Due to Road Traffic Accident

Explained
**Dental Plaque,
Calculus**
& How To Avoid Them

Eat the colours
of the **Rainbow**
to be Healthy

Mouth
CANCER AWARENESS
Week (MCAW) 2016

cover
story

Victoria Lynn

Come Smile With Me



“

Beauty is not
in the faces,
beauty is a light
in the heart

Kahlil Gibran



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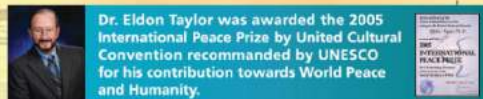
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Dr. Eldon Taylor was awarded the 2005 International Peace Prize by United Cultural Convention recommended by UNESCO for his contribution towards World Peace and Humanity.



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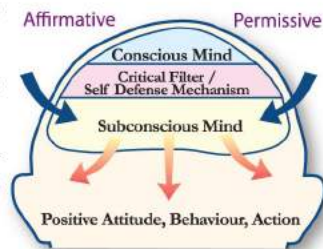
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THE EDITOR'S LETTER



Welcome To The 4th Issue Of Dental Health This Is A Lifestyle Magazine

WE ARE INDEED PLEASED TO BRING OUT THE FOURTH ISSUE OF OUR DENTAL HEALTH MAGAZINE. OUR MAGAZINE IS GROWING FROM STRENGTH TO STRENGTH. THE FEEDBACK WE ARE GETTING FROM OUR READERS HAS BEEN VERY ENCOURAGING. ALTHOUGH THE MAGAZINE IS INTENDED FOR THE DENTAL CONSUMER; THE RESPONSE FROM ALL THE DENTAL CLINICS THROUGHOUT BOTH EAST AND WEST MALAYSIA HAS BEEN GREAT. WE ARE GLAD TO SAY THAT OFTEN WE GET CALLS FROM THE CLINIC NURSES, ASKING US 'WHEN THE NEXT ISSUE IS COMING'. THEY SAY THAT ALL THEIR CLIENTS ARE VERY HAPPY WITH THE INFORMATION IN THE MAGAZINE. THAT'S EXACTLY WHAT WE SET OUT TO DO WHEN WE LAUNCHED THE MAGAZINE.

WE ARE INDEED PROUD THAT OUR FORWARD LOOKING DEPUTY MINISTER OF HEALTH, MALAYSIA, DATO' SERI DR. HILMI BIN HAJI YAHAYA, GAVE US HIS SUPPORT AND ENCOURAGEMENT VIA HIS MESSAGE IN THE LAST ISSUE.

OUR MAGAZINE WILL SOON HAVE A SINGAPORE EDITION FOR DISTRIBUTION TO ALL THE PRIVATE DENTAL PRACTITIONERS IN THE CITY STATE.

IN GOING FORWARD WE ARE LOOKING AT REBRANDING "DENTAL HEALTH" MAGAZINE AND GIVE IT A NEW NAME "ORAL HEALTH".

THIS IS IN LINE WITH OUR AIM OF GIVING OUR READERS A BIGGER PICTURE; THAT THIS IS NOT JUST ABOUT THE HEALTH OF YOUR TEETH; BUT "TOTAL HEALTH" THROUGH "ORAL HEALTH". ULTIMATELY THE HEALTH OF YOUR MOUTH "ORAL HEALTH" REFLECTS THE TOTAL HEALTH OF YOUR BODY.

IT IS AFTER ALL THE GATEWAY TO YOUR BODY AND THE GATEWAY TO YOUR HEALTH AND WELLBEING.



DentalHealth

Now Everyone Can Smile

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**MESSAGE BY THE HONOURABLE
DEPUTY MINISTER OF HEALTH, MALAYSIA**

The English author, Samuel Johnson once said that *“Knowledge is of two kinds. We know a subject ourselves, or we know where we can find information on it”*.

I was indeed pleasantly surprised to see the First ever DENTAL HEALTH magazine published in Malaysia specifically for the consumer market. I am informed that this is also possibly the first dedicated Dental Health magazine in the Asean region including even Singapore.

I know that there are several magazine in the market dealing with several general Health issues, but none dedicated to purely Oral and Dental Health issues.

One of the important goals of the Government of Malaysia and the Ministry of Health in particular is to raise the health standards of the people of Malaysia. The Ministry of Health firmly believes in the concept of Total Health and publications like this will go a long way in educating the public on the importance of good Dental Health.

I welcome and applaud this magazine DENTAL HEALTH [ORAL HEALTH] and I am told the publishers are looking at extending this magazine to cover ASEAN countries in the years to come.

I wish them all the best in their quest to put a smile on the faces of Malaysians.

‘NOW EVERYONE CAN SMILE’

A handwritten signature in black ink, consisting of a long, sweeping horizontal stroke with a smaller, more complex mark above it.

(DATU' SERI DR. HILMI BIN HAJI YAHAYA)



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Message from The Principal Director of Oral Health, Ministry of Health Malaysia

I am indeed pleased to pen a few lines to commemorate the publication of this new Dental Health magazine and I would like to convey my heartfelt appreciation to the publishers for the invitation to do so. This, to my knowledge is the first and only Dental Health magazine in the country, published with the consumer in mind.

Dentistry today is a very highly specialized profession and the delivery of good oral healthcare becomes more and more important as our country Malaysia moves towards a developed country status.

I am indeed pleased to note that this magazine acts as a bridge between the professionals and the consumers, with the aim of educating the public on the relevance of all matters in dentistry. It is certainly apt and appropriate as it reflects the needs to keep up-to-date with the latest trends in this fast moving new age of oral healthcare delivery.

The Oral health Division, Ministry of Health will continue to work together with all its key stakeholders to further enhance the quality of oral healthcare in Malaysia. I would like to congratulate the publishers on this venture and hope their effort will put the **“Smile in The Faces of Malaysia”**.

On this note, I wish them well in their noble effort to spread the message of improving **“Total Health”** through better oral health.

DR NOOR ALIYAH BINTI ISMAIL

Tips on how to brush your teeth

drosudental.com

1



Less is more:

Only put a pea-sized amount of paste onto your brush. Always use fluoride toothpaste, it removes plaque but also strengthens tooth enamel. Children under 3 should not use fluoride toothpaste.

3



The 3-min rule:

Spend at least 3 minutes brushing; work your way around your mouth brushing just a few teeth at a time. Spend about 12-15 sec in each section.

5



The 45-degree angle:

Set the bristles at the gum line at a 45-degree angle. Don't brush across your teeth. Brush in a short vertical or circular motion.

7



Floss away:

Flossing your teeth is just as important as brushing them. Flossing removes plaque, bacteria, and food particles between your teeth that your toothbrush cannot reach.

2



Inside out:

The most commonly neglected area is the insides of the bottom front teeth. With the head of your toothbrush pointing towards your gum line, brush each tooth individually.

4



Brush your molars:

Using an in-out motion, work your way from the back of your mouth to the front and bottom to top.

6



Say gurgles:

Always use a Fluoride-based mouthwash. Take a small sip and swish around in your mouth for 30 seconds before spitting all of it out.

8



Out with the old, in with the new:

You should be replacing your toothbrush every 3 or 4 months or whenever the bristles begin to splay out. Toothbrushes lose their flexibility and effectiveness when the bristles wear too much.



3rd Time Lucky

Dr Firdaus Hanapiah
BDS (Otago) MSc (Lon.) FDSRCS (England) FICOI

Introduction

As we grow older there are some aspects of health that may be beyond our control. The dentition is no exception either. The improvement of oral health is partly contributed by the introduction of Fluoride in the local water reticulation system. This is an advantage to the young, especially in their formative years.

However for the older folks, fluoride although beneficial, is not as effective to them as the younger cohort group. The main problem for them is that they have many heavily filled teeth. On average, the fillings are more than thirty years old and unfortunately, vertical cracks on these teeth, means the end of their service life.

Many of these men and women had to remove most if not all of their teeth. This means that they have to resort to full dentures. Full dentures often do not seat correctly and loose grip when it matters most like eating and speaking. Embarrassing incidences contribute to the loss of confidence for these young at heart.

A Third Chance

We were born with two sets of teeth, a deciduous set (milk teeth) and permanent teeth, often completed by the time we are in our late teens. But with longer lifespan and better overall health, the teeth has no way to rejuvenate itself and it is expected to last us until we are in our 90's!

One good example is Mr A.R. , a seventy five year old man who in his younger days was always praised for his good white teeth, as he would describe his dentitions. However as time goes by, his teeth started to chip and crack. He also had some deep and huge fillings. This was made worse due to a few bouts of gum or periodontal disease. Finally his dentist decided to remove all of his lower teeth and issued him with a full lower denture.

This was not a choice he wanted to make but was the reality of his situation. He became more reclusive and withdrew from public life as his lower dentures kept slipping and sliding. His dentist then referred him to us and we discussed all the options and he chose to have a full lower bridge retained by six implants.

We proceeded in placing six dental implants and waited for ten weeks before we did a second stage procedure for him. The surgical procedure was done under local anaesthesia and it was uneventful. It took us about 60 minutes to place all six implants.



Fig 1 : a picture of the lower jaw after the placement of the roots also known as the fixture of the implants



Fig 2 : The abutment placed after the osseo-integration of the implants



Fig 4: The final result was a complete set of lower teeth again for him to enjoy his food and to regain his confidence and to pursue his life to the fullness

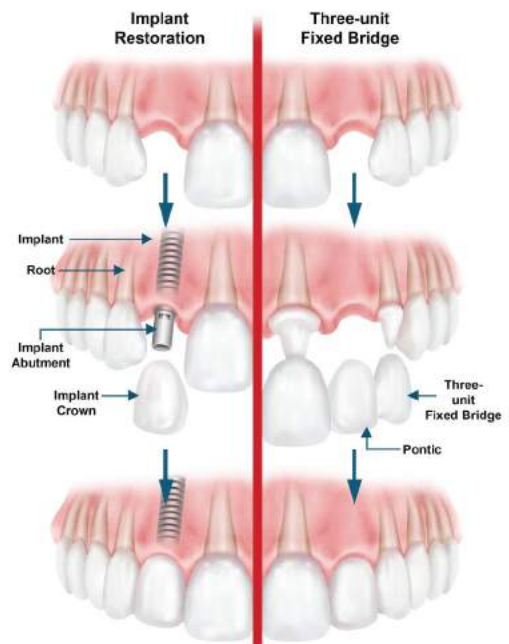


Fig 3: A lower Porcelain bridge was made in the laboratory to be inserted in the patient's dental implant fixture

We were born with two sets of teeth, a deciduous set (milk teeth) and permanent teeth, often completed by the time we are in our late teens. But with longer lifespan and better overall health, the teeth has no way to rejuvenate itself and it is expected to last us until we are in our 90's!

Discussion

The loss of teeth in later years doesn't mean that we have to settle for less in life. The technology available today means new possibilities that were not possible even as recent as fifteen years ago. Implant dentistry can offer more for the patient than ever before.



source- <http://akshaylaserdentalcare.com>

A young woman with long, wavy blonde hair is smiling warmly at the camera. She is holding a clear, transparent dental aligner tray in her right hand, positioned near her mouth. The background is a plain, light color.

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Clear aligners are virtually invisible. Aligners can be removed for social events and special occasions. Most importantly no one needs to know that you are undergoing orthodontic treatment.

Clear aligners are virtually invisible. Aligners can be removed for social events and special occasions. Most importantly no one needs to know that you are undergoing orthodontic treatment.

Can plastic move teeth?

THE ANSWER IS YES!



Aligners are custom-made for each patient and tailored to their individual needs.

Invisalign is as effective as conventional or metal braces, if not better. Meeting people, having presentations or speeches is unavoidable in today's society. This enables one to speak, smile at ease and with confidence without being conscious of the metal braces showing.



The patient above began his treatment when he was 11 years old, he was very compliant and diligently wearing his aligners. After 2 and half years of treatment, he is a proud teenager having a beautiful smile.

The patient has been undergoing Invisalign treatment for 1 year resulting in straightening the 'Butterfly' front teeth.

The treatment duration by using clear aligners is similar to that of conventional brackets.

Oral hygiene is made easy with Invisalign as the teeth are not obstructed with the metal wire. This reduces the chances of gum disease and tooth decay in orthodontic patients.



Patient above has severe crowding of upper and lower arches, lower canines are pushed out of the arch. Invisalign is able to align the teeth in within 2 years of treatment.

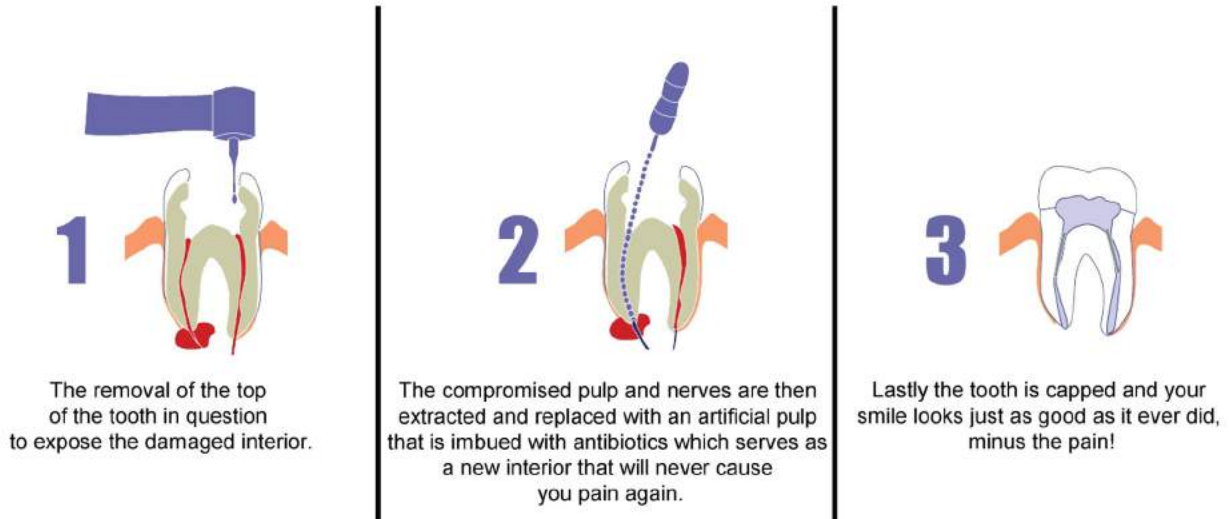
Our patients who live overseas, always having a busy schedule may consider this option as well. This is because with Invisalign, the entire treatment is planned and precision predicted by the latest technology. Individual patients are given the entire set of aligners for the treatment duration and he or she can come back to us after it is completed. Our patients do not need to visit the dentist every month as you do in conventional braces for 'tightening'.



Root Canal Rule of 3

There are three basic steps that a root canal consists of.

<http://yourdentistindallas.com>



The Benefits

If you are in pain due to a damaged tooth in need of a root canal, you should make an appointment today. There are only benefits to be derived from such a procedure.

No Toothache

When the damaged nerves have been removed from the tooth in question all pain will immediately cease. The ache from the decayed pulp will be gone, and since the nerves have been removed you will never suffer from such a toothache again. You will still be able to sense hot and cold foods through the multitude of other nearby nerves



No Extraction

If you discover you need a root canal before it is too late the procedure will save your original tooth, eliminating the need for an extraction and the purchase of a new, fake tooth. These can sometimes have unforeseen effects on jaw structure. By keeping the original, your jaw will remain completely intact and your smile will look as good as it ever did, due to the consistency of teeth shape and color. So please, consult your dentist concerning a root canal sooner rather than later.



Eliminates Infection

If left unchecked, the bacteria that penetrates the enamel will decay one tooth at a time. The root canal procedure can save your infected tooth, and stop the bacteria from spreading into your gums, or other teeth, which would cause a host of other problems. Don't put yourself at risk of serious infection, call Dr. Drakeford at any sign of pain.





This vivacious young lady, used to be a 'Singapore Girl' flying with Singapore Airlines. As most of us always knew, most of the pretty airline girls in Singapore Airlines were really Malaysian girls. "Malaysia Truly Asia".

This lovely lass is really from Penang. She was born and bred in the beautiful island of Penang.

Born into a small family, the main influence in her life were her mother and grandmother, who taught her to be very independent and liberal in her outlook. At the tender and impressionable age of 18 she joined "Singapore Airlines" as a flight Attendant.

This she says was an important phase in her life. Exposed to the glamour of travel to exotic destinations and places ,must have been very exciting for the enterprising young lass from Penang.

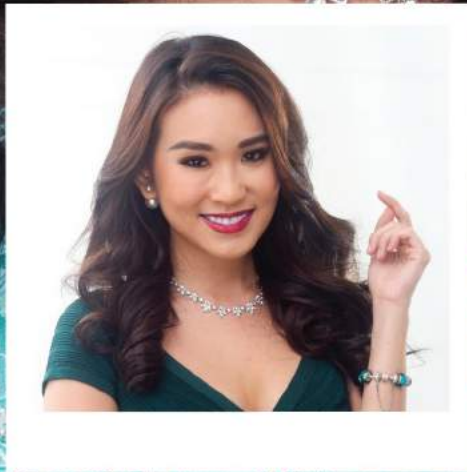
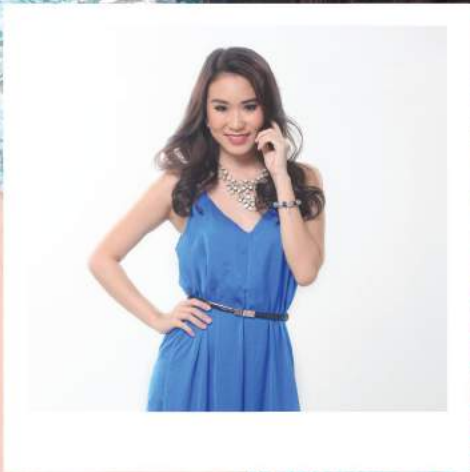
Flying with one of the worlds best Airlines and seeing the world, she says it opened her eyes to the beautiful world we live in.

Victoria Lynn

Come Smile With Me.....

Staying as she recalls in five star hotels and being exposed to the glitz and glamour of international travel, she says was one of the most memorable years of her life. She spend an unforgettable 3 years with Singapore Airlines from 2009-2012.

Flying with one of the worlds best Airlines and seeing the world, she says it opened her eyes to the beautiful world we live in.





But all good things must come to an end and this young pretty lass from Penang decided to leave her high flying life and return to her Malaysia, to home, to Penang and of course "Penang Laksa".

She says her favourite food is "Penang Laksa" and most of us who have visited Penang would agree with her. The rich variety of the food available in Malaysia is why we call "Malaysia Truly Asia".

It was an appropriate time to return and be with her family as she says her younger sibling, her brother was going to U.K. to further his studies.

On returning she enrolled at the Taylor Lakeside University as a Mass Communication student, majoring in Public Relations and Marketing.

Going back to school as she says was a difficult and trying time. But this young lady has guts and determination and believes in moving on. To support herself she has been doing some free-lancing as she says.

In 2016 she took part in the beauty pageant "Miss Malaysia Petite Universal 2016". She was fortunate as she says to be selected into the top 20 finalist from about 150-200 candidates.

Victoria loves children and having travelled the world, she says that there is nothing more beautiful than the pure simple smile on the faces of young children.

Her journey as a pageant girl started there and after several months of audition, she was among the top 5 winners. She ended up as the 2nd runner up and subtitle holder of 'Miss Photogenic and Miss Beautiful Skin.

The young lady is full of determination and though as she says, balancing her life between free-lancing, studies and pageant life is tough, but she had learned to manage her time and believe in living her life to the fullest.





At the tender age of 25 she says she is prepared to face the future and all the challenges that life will throw at her.

One of her favourite book she says is “Tuesdays With Morrie”. She tells me that this is an emotional memoir as written by American writer Mitch Albom.

She tells us that this has taught her to approach the simple everyday things in life that most of us take for granted. How to live in the present moment. But believe it or not this young lass from Penang hopes to be a Kindergarten teacher one day.

She says she loves children and having travelled the world, she says that there is nothing more beautiful than the pure simple smile on the faces of young children. As she says, that there will be nothing more important to her than to put the smile on the faces of the future children of the world.

GO FOR IT VICTORIA...

We at the Dental Health Team are indeed happy that she consented to be our covergirl for our 4th Issue.

KEEP SMILING
VICTORIA AND THE WORLD WILL SMILE WITH YOU!!!!





RECOVERY FROM **TRAUMA** DUE TO ROAD TRAFFIC ACCIDENT WITH TOOTH REPLACEMENT THERAPY

Dr Firdaus Hanapiah
BDS (Otago) MSc (Lon.) FDSRCS (England) FICOI

INTRODUCTION

Road traffic accident has always been one of the more common causes of teeth loss in otherwise normal dentition of patients. Preventive measures like wearing of helmets for motorcyclists and seatbelts for drivers have reduced the mortality rates significantly in road traffic accidents.

However, the loss of dentitions is on the rise as helmets and seatbelts may not be as effective in preventing such trauma.

Traditionally the way of replacements of lost teeth would be to construct a denture or fixed bridge. However, both are not as good as replacement of the lost teeth with dental implants.



Fig 1

Figure 1 : Implant osseointegrated ready for loading

A 45 year-old female lost her upper anterior tooth due to a road traffic accident five years previously. She replaced it with an upper removable denture. However, she was never completely satisfied with this solution as the denture hampered her speech and mastication.

We decided that she was a qualified candidate for a single tooth implant. We placed a single implant in the upper jaw and augmented the maxillary ridge with a synthetic grafting material.

Three months later we then placed a final crown to finish the case in a satisfactory manner.

The placement of the single tooth implant gave her the freedom from her denture. She can now eat better and smile with confidence.



Fig 3

Figure 3 : Crown inserted on top of the single tooth implant



Fig 4

Figure 4 : Final smile with implant crown in place



Fig 2

Figure 2 : Abutment placed and torqued

DISCUSSION

The loss of teeth due to trauma is often unexpected and is not only a physical loss to the patient but also a psychological loss. The patient will suffer loss of confidence in the way they see themselves. The use of implant in this case will not just give better aesthetic result but also give a better functional satisfaction to the patient.

source- www.lovemymyteeth.com

The good news is that periodontal diseases often can be treated in the early stages with a treatment to clean your teeth called scaling and root planing.

Everything You Need To Know About GUM DISEASES

By Dr. Tan Ai Hooi

Periodontal diseases (Gum Disease)

Periodontal diseases (also known as gum diseases) are infections of the gum and bone that hold teeth in place.

If your gums are tender or bleeding, chances are, you have gum disease!

- 1) An infectious disease that starts between your tooth and your gum
- 2) Bacteria live there, and when too many move in, they form plaque
- 3) Plaque and tartar irritate your gums, which swell and bleed
- 4) Serious gum disease is called periodontitis
- 5) Severe periodontitis damages your gums and your teeth.
- 6) Your teeth can fall out and your overall health can deteriorate.

Periodontal diseases are often painless and you may not be aware that you have a problem until your gums and supporting bone are seriously damaged.

Treatment has huge benefit. You will increase the chances of keeping your natural teeth.



RECONSTRUCTION GUM SURGERY



<http://www.srisakthidentalclinic.in>

What Causes Gum Disease?

Plaque is a film of bacteria that attaches to teeth and gums. The bacteria in plaque cause irritation of the tissues that support your teeth. This irritation can lead to chronic inflammation, bleeding and swelling that can destroy your gum and bone tissue.

Plaque that is not completely removed may harden into rough, porous deposit called tartar, or calculus. Tartar by itself does cause disease, but it typically allows more plaque to form and makes it more difficult to remove plaque that can thrive on, in or near tartar. The only way to remove tartar is to have your teeth cleaned at the dental office. More importantly, plaque is always forming even as you sleep. Thus, regular visits to the dentist are necessary to remove plaque and calculus in hard-to-remove places.

- 1) Not brushing and flossing everyday
- 2) Dry mouth — saliva washes away bacteria
- 3) Foods with too much sugar e.g. kuih, milk coffee and tea, desserts, sweets and chocolate, soft drinks
- 4) Using tobacco in any form
- 5) Changes in the body during pregnancy
- 6) A history of gum disease in your family, increases your chances of getting it
- 7) Diabetics easily get infections (such as gum disease)



Signs and symptoms

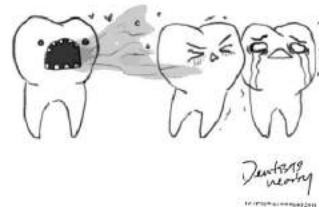
Healthy Gums

When your gums are healthy, they are pink and firm.

Gingivitis

Your gums are tender, reddish and may bleed when you brush your teeth.

Bad breath



Early/Moderate Periodontitis

Your gums start to pull away from your teeth, leaving a gap or pocket.

Harmful bacteria build up; gums get more irritated, infected and bleed easily.

Your teeth get more sensitive because more root is exposed.

Food tends to get lodged in the gums and you find difficulty in removing them from the gums. Bad breath

Advanced Periodontitis

Bacteria spread; you lose gum tissue and bone that support the teeth.

Gums pull farther away.

Your teeth get loose, shift position and can fall out.



DENTAL BIOFILM (PLAQUE)



Treatments

Professional treatment plus better brushing and flossing may be able to reverse some damage caused by periodontitis. Catching it early and taking action is the best way to stop it.

The natural tooth is always better, avoid extraction.

Fight gum disease with proper care

Learn to remove plaque by brushing properly without damaging the enamel.

- i) Brush the gum as well.
- ii) Plaque tends to settle at the gumline

Your dental professional may recommend using:

- i) a power brush
- ii) a prescription toothpaste
- iii) a prescription oral rinse

Floss every day to remove plaque between teeth.

The interdental brushes, which come in various sizes, are useful too.

Do not miss appointments with your Dental Professional



You may also need professional treatments to fight advanced stages of gum disease.

- 1) Scaling and root planning
- 2) Prescription medicine
- 3) Flap surgery — the gums are cut open to remove the infected gum.
- 4) Bone grafting — artificial bone is used to replace bone loss around the teeth

*Article Written & Contributed To DentistsNearby.com
By Dr. Tan Ai Hooi - BDS (Malaya)*



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NEVER TOO LATE

THINK BRACES ARE ONLY FOR TEENAGERS? Think again. The power of a smile can help you feel more confident at any age. Are fears of a painful, bulky, metal mouth holding you back from braces? Here's why now is the time to reconsider.



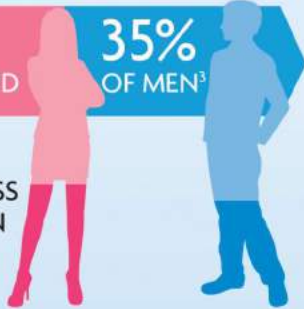
photos.prnewswire.com

ACCORDING TO A SURVEY BY THE AMERICAN ACADEMY OF COSMETIC DENTISTRY,

40% OF WOMEN AND

35% OF MEN³

AGREE THAT AN IMPERFECT SMILE MAKES SOMEONE LESS APPEALING THAN A PERSON WITH A PERFECT SMILE.



71% OF WOMEN AND

58% OF MEN AGREE THAT TEETH ARE THE FIRST THING THEY NOTICE IN A POTENTIAL PARTNER²



8 IN 10 ADULTS WHO GOT BRACES FELT THEIR LIVES WERE POSITIVELY AFFECTED¹

WHAT'S STOPPING YOU?

APPEARANCE

Many adults believe that braces are unsightly and bulky. But thanks to clear, aesthetic braces you can show off your smile instead of your braces during treatment.

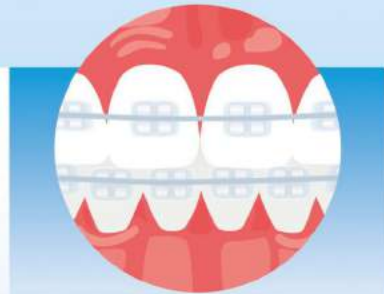


TIME

On average, Damon®Smile treatment is six months faster than treatment with traditional braces.⁴

COST

Many orthodontists offer flexible payment plans that can help mitigate the cost of braces, and most insurance providers now cover as much as half of the cost of braces.



DISCOMFORT

New advanced technologies make braces less invasive and less painful, and they can prevent pain by properly aligning your bite.

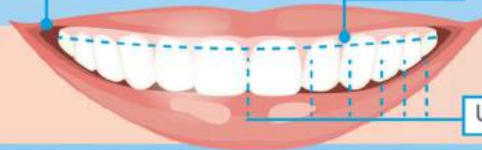
WHAT MAKES A GREAT SMILE?



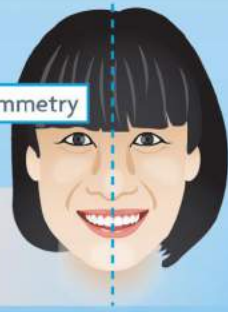
Broad smile with minimal dark space in the corners

Minimal amount of gums showing

Facial symmetry



Upright teeth



GETTING BRACES NOW CAN GIVE YOU:

Better facial balance and aesthetics

A fuller, wider smile

Fewer dark triangles within the corners of your mouth

Smoother cheek contours, which make narrow smiles look fuller and more inviting

Straighter and less crowded teeth



SOURCES: 1. National Institutes of Health
2. Match.com
3. American Academy of Cosmetic Dentistry
4. DamonBraces.com

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www.cryocord.com.my

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for a lifetime of smiles.*



ToothMSCs

Tooth Pulp Tissue Mesenchymal Stem Cells

Tooth pulp-derived Mesenchymal Stem Cells - **ToothMSCs** are special cells that live in the pulp tissue inside our teeth. A rich source of MSCs can be found in this tooth pulp tissue, protected and unexposed to the external environment due to the hard and sturdy layer of dentin and enamel.

Over the years, findings on **ToothMSCs** have been explosive and researchers around the world are currently exploring the possible application of **ToothMSCs** as regenerative medicine.

BEST STEM CELL BANK 2012 - 2015

Awarded by BabyTalk Magazine



Tooth fairy comes to life

Teeth are usually thrown away as medical waste after removal. Through science and innovation, parents today are able to store their child's **ToothMSCs** if the need ever arises.

MSCs have the potential to treat heart disease¹, Parkinson's disease², cerebral global ischemia³ and retinal disease⁴.

ToothMSCs (tooth derived Mesenchymal Stem Cells) will be cryopreserved in the liquid nitrogen tank under the temperature of -190°C.

Our state-of-the-art laboratory certified to cGMP (PIC/S) requisites was awarded by NPCB (BPFK), a division of the Ministry of Health, Malaysia.



¹ Wang H-S, et al. Mesenchymal Stem Cells in the Wharton's Jelly of the Human Umbilical Cord. *Stem Cells*. 2004;22: 1330-1337.
² Fu Y-S, et al. Conversion of Human Umbilical Cord Mesenchymal Stem Cells in Wharton's Jelly to Dopaminergic Neurons In Vitro: Potential Therapeutic Application for Parkinsonism. *Stem Cells*. 2006;24:115-124.
³ Joimura S, et al. Potential Treatment of Cerebral Global Ischemia with Oct-4+ Umbilical Cord Matrix Cells. *Stem Cells*. 2007;25:98-106.
⁴ Lund RD, et al. Cells Isolated from Umbilical Cord Tissue Rescue Photoreceptors and Visual Functions in a Rodent Model of Retinal Disease. *Stem Cells*. 2007;25:602-611.

The Earlier, The Better

Age is important. Stem cells are best stored at the earliest opportunity because stem cells within the dental pulp become less proliferative as the individual ages.

Thus, you should enroll yourself or your child now; given it's under the following conditions:

- Your child's tooth starts to loose
- You intend to undergo wisdom tooth removal
- You intend to undergo orthodontic surgery



Healthy Pulp Molar of 18 years old

Sclerosed Pulp Molar of 60 years old

Reference: www.stemsave.com

Call us now at **1800 88 3300**
 or ask your dentist about **ToothMSCs**

1

You don't brush your tongue

A lot of bacteria can stay on your tongue. Invest in a tongue cleaner or simply flip your brush around and brush your tongue with a soft bristled tooth brush.

2

You don't visit the dentist

If you have plaque that turns into tartar this needs to be cleaned by a professional dentist. If you fail to do this then you could damage a tooth!

GU
Dise
Ri
Fac



LOVE YOUR

Gum Disease Risk Factors

3

You smoke.

Smoking can increase your risk of gum disease and many other health problems.

4

You're not flossing properly

Flossing is just as important as brushing because it reaches the parts your toothbrush can't. This will also decrease your risk of periodontal pockets which can bleed and damage your nerves

FOR SMILE

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Explained

DENTAL PLAQUE, CALCULUS & How To Avoid Them

We were quite surprised that most Malaysians don't know much about Dental Plaque and Calculus, so we decided shed some light on this topic.

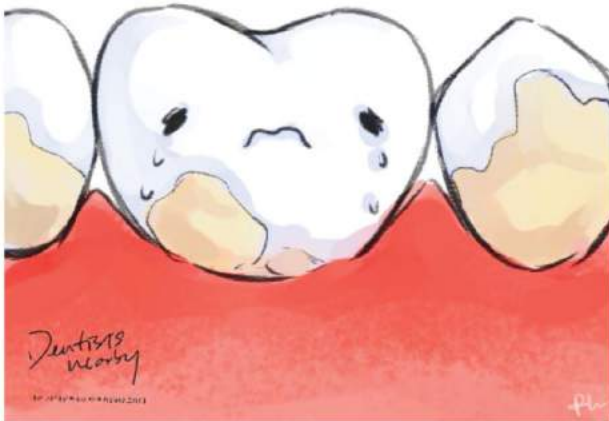
THE ILLUSIVE DENTAL PLAQUE

Before we go on to explain about dental plaque, which is also known as dental "biofilm", you must first understand that there are physiological or resident bacteria residing in your mouth. These bacteria are able to convert food debris into acids and form plaque (that consists bacteria, food debris, and saliva), which is deposited on your teeth.

In other words, plaque will form no matter what!



Dental plaque is a non-mineralized, bacterial aggregation on the teeth and other solid structures in the mouth; it is so tenaciously adherent to the surfaces that it resists removal by salivary flow or a gentle spray of water.



Tooth Covered With Dental Plaque



Tooth covered with Dental Calculus

WHAT IN THE WORLD IS PLAQUE, YOU ASK?

Plaques are nothing new. The first description dates back to the 17th Century, when Anton Von Leeuwenhoek - the inventor of the microscope, saw microbial aggregates (now known to be Biofilms) on scrapings of plaque from his teeth.

Dental plaque is a non-mineralized, bacterial aggregation on the teeth and other solid structures in the mouth; it is so tenaciously adherent to the surfaces that it resists removal by salivary flow or a gentle spray of water. 70% of plaque is made out of bacterial cells; the rest is just proteins and polysaccharides.

Plaques form on the surfaces in your mouth as soon as a few minutes after you brush your teeth. The trick is to make sure they do not harden and form dental calculi (which will be explained later).

AFTER UNDERSTANDING WHAT PLAQUE IS, NEXT WE MOVE ON TO CALCULUS.

Dental Calculus, also known as Tartar, is actually "hardened plaque". Mineralization within plaque results in calculus formation. 70-90% of calculi are actually made out of calcium phosphate (the same stuff that makes up your bone).

Dental calculi usually have rough and hardened surfaces, which provide an ideal surface for further plaque formation, repeating the cycle. That means if you don't remove calculus once it is formed, it will only worsen. Unfortunately, dental calculi are almost impossible to remove by tooth brushing alone, the most effective way to remove calculus is by an ultrasonic hand-piece used by your dentist, which literally breaks those stone-like tartar away.

The rate of calculus formation varies from people to people, and children in general form less calculus compared to adults, but it is found in about 10% of children and approximately one third of teenagers. Calculus may form within a one-day old plaque, but the exact mechanism of calculus formation is not known.

Calculus formation is associated with a number of clinical manifestations, including bad breath, receding gums and chronically inflamed gingiva. Calculi are usually formed in the 'cheek' surfaces of your upper molars, and also the tongue surface of your lower teeth. Hence, focusing more on brushing those areas of your teeth will be beneficial for plaque removal and ultimately calculus prevention.

Plaque and tartar cause irritation to the gingiva, and the bacteria (and their toxins) further irritate the gingiva, leading to bleeding and swelling of the gums (gingivitis). If gingivitis is left untreated, it may progress to more severe gingival diseases, such as periodontitis. Long-term untreated gingivitis may lead to damage of alveolar bone (the bone forming the sockets for your teeth), and loss of teeth; something you don't desire, we guarantee you.



Dentist's ultrasonic scaler tip cleaning both dental plaque and calculus

Besides that, acids formed in the plaque will eventually begin to erode the enamel (outermost layer) on the surface of the tooth, causing a "cavity". If left untreated, the cavity grows in size, with onset of pain as the nerves and blood vessels of the affected teeth become irritated. This "cavity" is termed as Dental Caries. Dental caries can be detected in routine dental examinations and your tooth can be restored with a dental filling, either composite or amalgam

THAT BEING SAID, THEY ARE MANY WAYS THAT YOU CAN CONTROL THE FORMATION OF PLAQUE IN YOUR MOUTH.

Mechanical plaque control methods include:

- Tooth brushes (Manual or Electrical)**
- Interdental cleaning aids**
- Dental floss**
- Interdental brushes**
- Rubber tip**
- Oral irrigation devices**

Brush thoroughly at least twice a day for at least 5 minutes (you can also brush in front of the TV watching Astro). Floss daily to remove plaque from between your teeth and under your gum-line, where your toothbrush may not reach. You can buy those easy to use "floss on a stick" to reduce the effort needed to floss.

Also, remember to eat less sugary food and schedule regular dental visits to see a dental professional. Nevertheless, the most effective way to remove plaque is by seeing your dentist for a session of professional oral prophylaxis treatment: Calculus-associated Plaque can effectively be removed by Scaling and Root Planing; and Tissue-associated plaque, by Gingival Curettage.

Written by Dentistsnearby Team

References

Murray, J. J. (2003). Prevention of Oral Disease (4th ed.). Oxford University Press.

Norton, N. S. (2006). Netter's Head and Neck Anatomy for Dentistry. Source: dentistsnearby.com

3500 BCE

THE CHEW STICK

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Egypt and Babylonia



15TH CENTURY

THE BAMBOO TOOTHBRUSH

Siberian boar's hair
on bamboo
China



1780

THE ADDIS TOOTHBRUSH

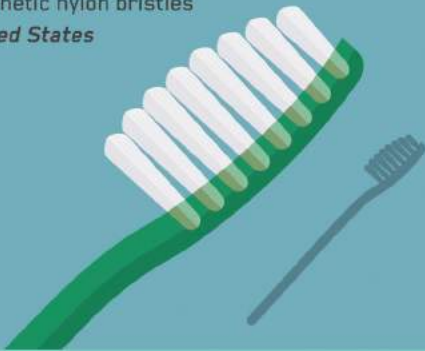
Cow or horse hair on bone
England



1938

DR. WEST'S MIRACLE TUFT TOOTHBRUSH

Synthetic nylon bristles
United States



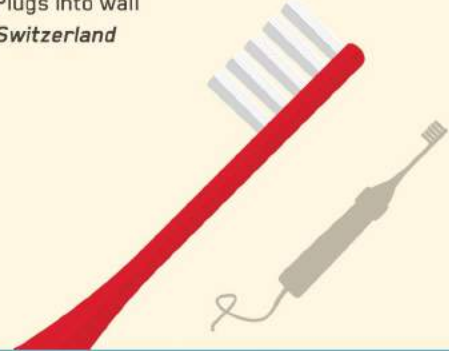
THE EVOLUTION OF THE TOOTHBRUSH

infographicjournal.com

1954

THE BROXODENT ELECTRIC TOOTHBRUSH

Plugs into wall
Switzerland



EARLY 1960s

THE AUTOMATIC TOOTHBRUSH

Charging dock
United States



2007

THE OSCILLATING TOOTHBRUSH

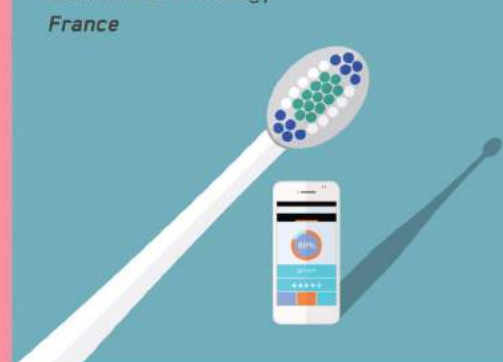
Brushhead oscillates
United States



2014

THE SMART TOOTHBRUSH

Connected technology
France





Eat The
**COLOURS OF
THE RAINBOW**

to be Healthy

By R.Thiran



*Modern science is
telling us to eat the
colours of the rainbow
to stay healthy*

Do you still remember the excitement you felt as a child when you first saw a rainbow. The rainbow with all its beautiful colours still brings out the smile and wonder to almost everyone.

Of course we all know the science of the colours of the rainbow and how light passing through water droplets in the clouds brings the awe and smile on both the young and old.

Now modern science is telling us to eat the colours of the rainbow to stay healthy. Who has not been fascinated with all the colours of the natural world.

The colours of the rainbow are all around us. The colours of the rainbow are all reflected in the numerous fruits and vegetables that nature has bestowed on us. Maybe when you greet your friends the next time, ask him or her.. How many colours did you eat today? That could be a healthy guide to his general health.

Not long ago nutritionists were telling us that we needed a minimum serving of 5 fruits and vegetables every day. Now that has been expanded to as many of 9 servings of fruits and vegetables daily

Modern Science is revealing more and more that the greater variety of colours on your plate the better your health. Modern research is showing the importance of the

colourful pigment in fruits and vegetables. The phytochemicals in the colourful fruits and how important it is to your general health.

Not long ago nutritionists were telling us that we needed a minimum serving of 5 fruits and vegetables every day. Now that has been expanded to as many of 9 servings of fruits and vegetables daily. But maybe there is a simple way. Maybe we should tell them to eat the colours of the rainbow every day.

The writer has always been fascinated between the relationship of health to the colours of the fruits made available to us by nature.

When you look at it this way, it is possible for us to look carefully what we put on our plate daily. The more colourful the better our health will be. Without being too technical, modern science has shown that there are thousands of health promoting phytochemicals found in fruits and vegetables, that contribute to your **'TOTAL HEALTH!'**



What are the colours we should look for in our everyday foods.

V for *Violet*..... Purple Potato, Beet Root.

I for *Indigo*.....Dark grapes.

B for *Blue*.....Blueberries.

G for *Green*..... Green vegetables,Guava,Avocados.

Y for *Yellow*.....Pumpkin, Lemon,Pineapple.

O for *Orange*.....Oranges.

R for *Red*..... Red Apples, Strawberries, Tomatoes, Pomegranate

These same phytochemicals not only promote better Health but modern science is showing that they can help to prevent many of the dreaded diseases which affect our so called Modern Societies. So my dear friends when you

look up at the sky and see a beautiful "**Rainbow**" the next time, pause and think "How you are going to eat the colours of the rainbow".



**LIVE A COLOURFUL LIFE AND
HAVE A BEAUTIFUL SMILE.**



Recipe by our Master Chef Dr. Ezani for our readers

Thai Basil Chicken

- 500g boneless skinless chicken (chopped into small pieces)
- 5 cloves garlic (roughly pounded)
- 6 cili padi (roughly pounded)
- A handful of thai basil leaves
- 2-3 tablespoons fish sauce
- Salt and sugar to taste
- Oil for sauteeing



METHODS :

Heat wok until smoking hot. Fry garlic and cili padi in a little oil. Add in chicken and toss until chicken is cooked. Add in thai basil leaves, fish sauce, sugar and salt. Serve with rice.





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SOME INTERESTING FACTS

Toothache Home Remedies?

www.1dental.com

When should I see the dentist for a toothache?

- If it lasts longer than 1-2 days.
- If you are in severe pain.
- If you have an earache, fever or are in pain when you open your mouth.

Common Causes of a Toothache:

- Tooth decay/cavities
- Gum Disease
- Chipped or broken teeth
- Abscessed tooth
- Exposed tooth roots

No one likes a toothache. It's painful, uncomfortable and when it comes you're left to wait until your dentist is available. Don't suffer through the wait anymore! Here are some common and easy toothache home remedies to help lessen the pain.

Cloves or Clove Oil

Apply cloves or a drop or two of oil to the source of the pain.

This helps bring down infection and relieve the pain.

Garlic

Apply a clove of garlic on the affected tooth.

The chemical in garlic, allicin, is released and will help alleviate the pain.



Wheatgrass Juice

Use a mouthwash or Chew on wheatgrass.

This draws out toxins and stops infection from spreading.

Raw Onion

Chew a raw onion for 3 min. or Place directly on tooth.

Its antiseptic properties will help.



Guava Leaves

Chew 1-2 leaves for the liquid or Put 4-5 leaves in pot of water to boil. Let cool to warm temperature. Add salt. Swish or gargle in mouth and spit out.

Spinach Leaves

Chew raw spinach leaves against tooth or

Crush leaves into a paste and press against tooth.



Salt and Pepper

Mix 1/4 tsp. pepper and 1/4 tsp. of salt with a few drops of water to make a paste. Apply on affected tooth and let sit for several minutes.



Vanilla Extract

Apply 3-4 drops of vanilla extract onto a cotton swab and hold directly against the affected tooth for several minutes for immediate relief.

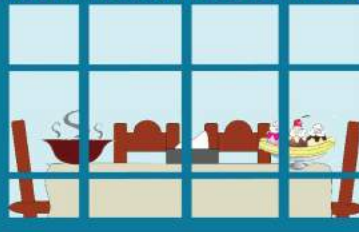


Ice Pack

Apply an ice pack to the cheek above the affected tooth.



Avoid Hot and Cold Foods





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MBrace Aligner



MBrace® Authorised Agent

THE WONDERS OF MBRACE®

Have you missed the chance to accept corrective orthodontic treatment in your childhood days? Then you should not hesitate to embrace on orthodontic treatment to get back the lost smile. MBrace® aligner system offers the perfect solution to straighten teeth in the invisible way.

MBrace® aligners are custom-made digitally, designed to improve dental alignment and occlusal relationship. MBrace® aligner system leverages on 3D computer simulation for true stepwise teeth movement to ensure a precise fit of the aligner against the teeth.

These aligners are visibly clear which will not conflict with your work or social schedules. They can be easily removed during meals, doing away with unsightly food stuck in traditional braces. MBrace® aligners are often preferred due to the fast production turnaround and being one of the affordable clear aligner system in the market. A typical treatment will take about 9 to 12 months to have the teeth moved into the desired position.



Clear aligner system is generally safe and effective for a range of orthodontic complaints. Everyone has some degree of malocclusion – range from mild to severe. The best candidates for MBrace® are those with mild to moderate dental misalignment (crowding and spacing), cosmetic solutions (overjet and overbite) and those who suffer from a relapse.

Dentalthon Medtech, the manufacturer of MBrace® aligner, is an ISO 13485 certified Singapore dental device company. This may be the only clear aligner system in Asia to receive this certification that demonstrates high quality standard in their production and management processes.

It is time to bid goodbye to embarrassing misaligned teeth. Consult your specialist today to help achieve the perfect orthodontic alignment and bite.

MBrace® aligner is available in Singapore, Malaysia, Indonesia and Hong Kong.

BENEFITS OF MBRACE® ALIGNER

- ✓ Aesthetically pleasing
- ✓ Removable during meals or for cleaning
- ✓ Comfortable with minimal oral irritation
- ✓ Normal flossing and brushing are still possible to maintain good oral hygiene
- ✓ No brackets and attachments required to create tooth movement
- ✓ Full digitally customised treatment plan to meet individual needs
- ✓ Conducts periodic checks on treatment progress to achieve the desired result
- ✓ Shorter chair time and visits to clinic

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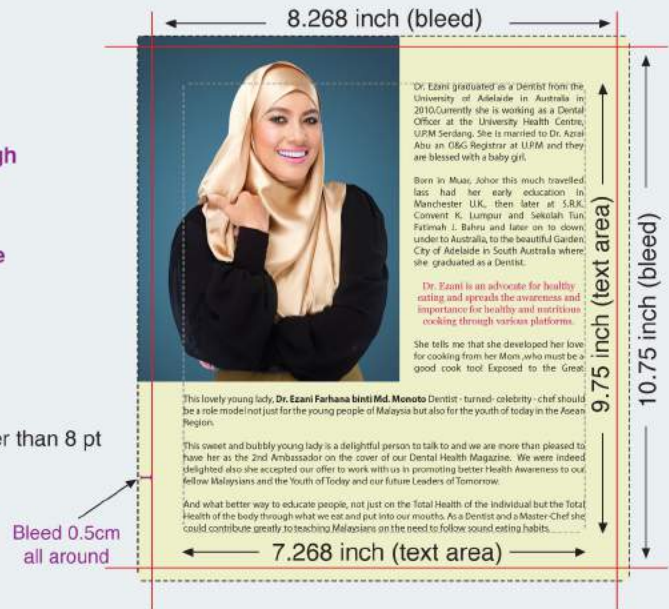
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| Full page | Image/Design | 8.268 inch/ 21 cm | 10.75 inch/ 27.305 cm |
| | Text | 7.75 inch/ 19.685 cm | 10.25 inch/ 26.035 cm |
| Half page Vertical | Image/Design | 4.134 inch/ 10.5 cm | 10.75 inch/ 27.305 cm |
| | Text | 3.6 inch/ 9.144 cm | 10.25 inch/ 26.035 cm |
| Half page Horizontal | Image/Design | 8.268 inch/ 21 cm | 5.375 inch/ 13.652 cm |
| | Text | 7.75 inch/ 19.685 cm | 4.9 inch/ 12.446 cm |

FOR INFORMATION & ENQUIRES

Please email param@medident.my or call **019-3216351** and nicholas@dentistnearby.com.



4 BENEFITS of **BRUSHING** & **FLOSSING**



WHITER TEETH!



Every day plaque builds up on your teeth, which eventually leads to the buildup of tartar and discolored teeth. But regular brushing and flossing removes this plaque before it hardens and turns to tartar. This means that brushing properly can keep your smile bright and white!

BETTER BREATH!



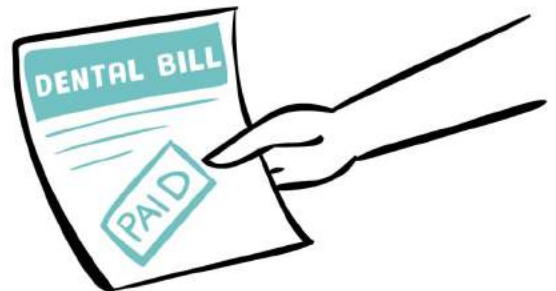
Everyone hates halitosis, otherwise known as bad breath. When bacteria is given the chance to build up in your mouth, they produce a foul odor that is both embarrassing and unhealthy. Brushing and flossing is one of the main ways you can prevent that bacteria from spreading.

HEALTHY GUMS!



Brushing and flossing isn't just about your teeth, your gums benefit greatly too! Brushing provides mechanical action to clean where the tooth meets the gum, and flossing cleans underneath that barrier. Unhealthy gums can cause serious health problems in other areas of your body!

SAVE MONEY!



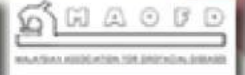
One of the most compelling reasons to brush and floss regularly is that it saves you money! By properly caring for your teeth, you can help prevent tooth and gum problems that will require you to see the dentist. Avoid the cost of dental treatment through proper at home care!

MOUTH CANCER AWARENESS WEEK 2016

Organized by:



Co-organized by:



WALKATHON

“Be Aware, Be Empowered, Be Early”

Sunday, 13th Nov 2016

Venue: Taman Botani Negara Shah Alam

Time: 7.00 am-11.00 am

T-shirt is available at RM30

Supported by:



For further inquiry please contact:
phone: 03-7967 4896 email: oralcancer2003@um.edu.my



MOUTH CANCER AWARENESS WEEK (MCAW) 2016

“Touching Lives, Impacting Society”

ORAL CANCER RESEARCH AND COORDINATING CENTRE (OCRCC)

Oral cancer affects aesthetics and functionality of an important facial feature which is the mouth, leading to social distress. Realizing its chronic effects on an individual’s life and the need for coordinated efforts on oral cancer research in Malaysia, OCRCC was formed. OCRCC consists of a team of experts where members comprise of public health specialists, surgeons, pathologists, oncologists and scientists.

WHAT DO WE DO ?

Data and specimen collection

Our core activity is on-going data and specimen collection from oral cancer, precancer and normal controls. Data and specimen are catalogued and stored in our biobank the Malaysian Oral Cancer Database and Tissue Bank System (MOCDTBS), to facilitate future research.



Research

Together with our collaborators we have embarked on various areas of research that would benefit the community tremendously such as better management strategies for the patients through the development of predictive/diagnostic tools and identification of biomarkers for early detection and improvement of quality of life. Research findings would also help policy makers to formulate effective education programs.



Education/Training

We also advocate advances in education at both postgraduate and undergraduate levels where resources (data and specimen) from our biobank and clinical expertise are readily accessible. Seminars and training workshops are also organized periodically to update clinicians and researchers on the latest technology and know-how in managing oral cancer patients.



Oral health promotion activities

One of our key objectives is to disseminate information and create awareness on oral cancer. Realizing the lack of awareness among the public, a 'Mouth Cancer Awareness Week' (MCAW) is held annually. During the week, activities such as poster exhibition, mass media exposure, mouth screening and MCAW Walkathon are held.



PATIENT SUPPORT CARE PROGRAM

"A man's face is his fortune". Mouth Cancer takes away this stark reality from its sufferers due to the disease and treatment impacts, thus compromising societal acceptance of them. Mouth Cancer complicates the simple daily things that we take for granted in our everyday life, such as our ability to chew, swallow, speak clearly and having an acceptable facial appearance which more often than not, results in fear and uncertainty. The relevance of rehabilitation and life-long supportive care for these patients, their families and careers cannot be overemphasized and remains pertinent throughout the remaining years of the cancer sufferer's lives in order to preserve their dignity, integrity of self and the quality of their lives.

OCRCC plans to develop and implement a **Patient Support Care Program** for mouth cancer patients, their families and carers as a part of its aspiration to reach out and impact the lives of oral cancer survivors. This **Patient Support Care Program** will be developed as a model for mouth cancer patients who are managed at tertiary care centres which currently do not fully incorporate the special needs of this target group. The aim of the program would be to coordinate all supportive cares and wellness activities for mouth cancer survivors and their families/caregivers to better cope with their impairment and disease impacts throughout their journey with cancer from the point of diagnosis, through active treatment until post treatment and survivorship phases.

In collaboration with MCAW 2016, a walkathon organized by OCRCC and co-organized by Faculty of Dentistry, University Malaya and Malaysian Association for Orofacial Diseases (MAOFD) with the support of various government and non-governmental organizations will be held on the 13th of November 2017 at Taman Botani Negara Shah Alam. To support us, you can purchase our walkathon Tee shirts at just RM30.

Following this event, a fundraising dinner organized by OCRCC and co-organized by University of Malaya Wellness Research Cluster and Malaysian Association of Oral Maxillofacial Surgery (MAOMS) will also be held at the Bukit Kiara Equestrian and Country Resort, Kuala Lumpur, on 20th November 2016. You can make a difference by helping mouth cancer survivors to adjust themselves back to the society by purchasing dinner tickets worth RM200 per seat to aid our Patient Support Care Program.

For further inquiries, please contact us at tel: 03-79674896 or e-mail us at oralcancer2003@um.edu.my.



THE AGONY AND ECTASY THE RITZ Paris, a Recollection

by Dato' Mohd Yusof Ahmad

In summer 2005 I went to Paris for a meeting and stayed at the landmark Ritz Hotel for a week. Established in 1896, it was the oldest of Ritz hotels, and is one of the most prestigious hotels in the world (with prices to match – a room starts at Euro730 per night and suites from Euro3000 to 12,000 then).

Maybe so, but I would have been just as happy staying in a more modern and practical hotel like The Four Seasons! For the record, back in 1993 I stayed in another landmark hotel in Paris, The Crillon! (The Hôtel de Crillon is one of the oldest luxury hotels in the world located on the foot of the Champs-Élysées on the north end of Place de la Concorde).

Famous as it was, the Ritz gained further attention when in August 1997, Diana, Princess of Wales and her suitor Dodi Al Fayed, son of the owner of the hotel, Egyptian businessman Mohamed Al Fayed who bought the hotel in 1979, stayed in the hotel. On 31 August both died in a horrible car crash as the driver of their



couldn't they be more discreet even if they were having a whale of a time! It got to the point of being so annoying and disgusting that I finally called the Front Office Manager who said he would come up immediately.

Another guest was obviously as annoyed or more than I was, for suddenly there was three very loud thumping on a wall, like telling the amorous coupling to cool it! You may be in ecstasy madame but listening to you is sheer agony.....

And voila, the noise stopped!

A few minutes later the Front Office Manager knocked on my door and asked me where exactly did I hear the noise coming from? I replied that I didn't know, probably next door. Calmly he replied that the room next door was empty and unregistered, and that my room was not connected to any other....

At breakfast I related the incident to some members of my party and thereon they kept teasing me about the ghosts of a famous couple.

I never heard the noise again the rest of my five nights in The Ritz.

I subsequently visited Paris again in the following years and stayed in modest hotel near Gare du Nord. And I did not hear any noise whatsoever....



limousine drove them away from the hotel, chased by paparazzi. The incident is still subject to many speculations even until today.

I was given a compact but extremely well-appointed room with classic furniture and furnishings at the end of a long corridor. There was another room next to mine and I had a view of a courtyard garden. To get to my room which was at a back wing and not facing the famous Place Vendome, I had to walk a very long corridor with many windows displaying luxury products, and take a lift to the third (top) floor. To my delight, all the staff in the hotel, even the chambermaids, spoke English.

On the first night of my stay, I heard strange noises as I lay trying to sleep in that plush, cushy bed. At first I could not make out what it was but it was clearly audible and went on and on. I was tired and wanted to sleep badly, having just flown in from Athens after three days in that sweltering hot, noisy and chaotic city. The noise sounded like some cooing of a child! Finally I discerned that it was actually the sound of a woman in throes of ecstasy (pardon moi again!). Obviously a couple was making love in the next room. I fell asleep eventually.

The next night as I was trying to sleep, that noise came again, this time louder and quite shameless! I thought to myself,



WHAT TEETH TELL US



TEETH ARE LIKE FINGERPRINTS¹
every set is unique



AGE²

younger



rectangular with rounded corners

CENTRAL INCISORS



older



shorter with square corners

HABITS³

stress



70% of grinding is due to stress. This causes teeth tips to appear flat.

nail biting



small chips or cracks on teeth, uneven teeth tips

thumbsucking



protruding front teeth, uneven bite, speech problems

CONDITIONS³

IF YOUR DENTIST SEES...



teeth look healthy, but patient has upper teeth pain



swollen gums, loose teeth, cavities



weak enamel, mouth sores, changes in tongue texture

IT MAY MEAN...



sinus infection



diabetes



vitamin deficiency

deltadentalazblog.com



01

Brush your teeth at least twice a day for at least 2 minutes each time. Use fluoride toothpaste and a soft-bristled brush. Soft bristles helps to avoid damage to the gums and enamel.



02

Floss your teeth once daily to remove the plaque and debris between the teeth that brushing can miss. Flossing is the single most important factor in preventing periodontal (gum) disease.



03

Replace your toothbrush every 3 months when the bristles start to fray or after you have had a cold. When you have a cold the germs can hide in toothbrush bristles and lead to reinfection.



04

Visit your dentist at least every 6 months. Smokers, diabetics or those with chronic dental conditions may need to schedule appointments more often.



05

Regular dental check-ups can treat any problems early and cost you considerably less than not having check-ups and then requiring urgent restorative dental care such as fillings, crowns, root canals or tooth extraction.



06

It is important that you see your dentist as soon as you can if you notice any changes in your dental health.



07

Limit sugary food and drinks. When sugars come in contact with plaque, the acids that result can attack teeth for 20 minutes or more after you finish eating. Repeated attacks can break down the hard enamel on the surface of teeth leading to tooth decay.



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Through a vast network of professionals, in and around the industry, we are able to work with talented photographers, writers, artists, production crews, printers and other creative to bring any project to fruition.

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Our custom publishing division produces a wide range of products for our client. These include magazines, brochures, advertising and digital content. We help our clients to communicate with their customers, staff and members and we have developed competencies in these areas of communication that we can apply to your business. We create concepts; write and edit content; arrange photography; design; organize production, including printing; and manage distribution and deliver it based on the agreed timeline.

Good
design is
good
business

your creative one stop centre

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Your annual report is a vital part of your corporate communications and one that you probably put a lot of time and effort into getting right. We want to simplify this process for you and help you to produce the best annual report possible. We're obsess about best practice in annual report creation, so that you can obsess about your business. We're so into producing the best annual report publications, as much as your spirit in business. We think about how to communicate your key achievement and future goals, so that you can focus on delivering these KPIs.

Talk to us about how we envisage your corporate communications - we aim to inspire!

EVENTS AND AWARDS

What will be more rewarding at work than meeting our old and new friends in a special occasion? Our services also include managing events and awards that will last forever as one of your great memories. Contact us now and let's talk.

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